

## High Intensity Therapist Manuals

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### **Panic Disorder**

Clark, D.M. and Salkovskis P. (2009) *Cognitive Therapy for Panic Disorder: Manual for IAPT high intensity therapists* (Free download. This manual describes the cognitive therapy for panic disorder programme that was derived from Clark’s theoretical model of panic disorder and has been delivered in randomized controlled trials in UK, Netherlands, Norway and Sweden)

Craske M.G. and Barlow D.H. (2007) *Mastery of your anxiety and panic: Therapist guide* (4<sup>th</sup> edition) Oxford: Oxford University Press (This manual describes the CBT approach to panic disorder developed by David Barlow and colleagues in the United States and used in multiple RCTs)

### **Social Anxiety Disorder**

Cognitive therapy for social anxiety disorder based on the Clark & Wells model has demonstrated efficacy in randomized controlled trails in the UK, Sweden, Germany, Norway and Japan. Several published articles and chapters are available that describe all, or part of, the treatment. A single guide covering the treatment of adults and adolescents is available as a free download from the Oxford Centre for Anxiety Disorders and Trauma website.

<https://www.psy.ox.ac.uk/research/oxford-centre-for-anxiety-disorders-and-trauma> )

Warnock-Parkes, E., Wild, J., Stott, R., Grey, N., Ehlers, A. and Clark, D.M. (2016). Seeing is believing: using video feedback in cognitive therapy for social anxiety disorder. *Cognitive and Behavioral Practice*, 24(2), 245-255. (available Open Access: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5627505/> Describes video feedback procedure and provides link to a video illustration of the key techniques)

Clark, D.M. (2005) A cognitive Perspective on Social Phobia in W. Ray Crozier W.R.& L.L. Alden. *The Essential Handbook of Social Anxiety for Clinicians*. Chichester: John Wiley & Sons (outlines SAD theory and main treatment procedures).

Wells, A. (1997). *Cognitive therapy of anxiety disorders: A practice manual and conceptual guide*. Chichester, United Kingdom: Wiley (also outlines main SAD treatment procedures)

Wild, J. and Clark, D.M. (2011). Imagery rescripting of early traumatic memories in social phobia. *Cognitive and Behavioral Practice*, 18, 433-443. (describes techniques for dealing with early socially traumatic memories).

Cognitive-behaviour Therapy for social anxiety disorder based on the Heimberg and Rapee model has also been shown to be effective in multiple RCTs. Two therapist guides are available.

Hope, D.A, Heimberg, R.G, & Turk, Cynthia, L. (2006) *Managing social anxiety: A cognitive - behavioural approach* Oxford: Oxford University Press.

Heimberg R.G. and Becker, R.E. (2002) *Cognitive-behavioral group therapy for social phobia*. New York: Guilford Press

### ***Posttraumatic stress disorder (PTSD)***

The HIT CBT curriculum recognizes three different CBT approaches (Ehlers, Foa, Resick) to the treatment of PTSD. All three have demonstrated efficacy in multiple RCTs. It is recommended that courses teach trainees at least one of the approaches.

Ehlers approach:

Ehlers, A. & Wild, J. (2015). Cognitive Therapy for PTSD: Updating memories and meanings of trauma. In U. Schnyder and M. Cloitre (Eds.), *Evidence based treatments for trauma-related psychological disorders* (pp. 161-187). Cham, Switzerland: Springer. (A more detailed account of clinical procedures. Available to download from Oxford Centre for Anxiety Disorders and Trauma website. <https://www.psy.ox.ac.uk/research/oxford-centre-for-anxiety-disorders-and-trauma>)

Foa approach:

Foa E.B. & Rothbaum B.A. (1998) *Treating the trauma of rape: Cognitive behavioral therapy for PTSD*. New York: Guilford Press

Resick approach:

Resick, P.A. & Schnicke, M.K (1996) *Cognitive processing therapy for rape victims*. London: Sage Publications

### ***Depression***

Beck A.T., Rush A.J., Shaw B.F. & Emery, G. (1979) *Cognitive Therapy of Depression*. New York: Guilford Press (this manual describes the classic CBT approach to treating depression. It has been used in multiple RCTs).

Martel, C.R., Addis, M.E., and Jacobson N.S. (2001) *Depression in Context; Strategies for Guided Action*. New York: WW Norton (this manual describes a Behavioural Activation approach to treating depression that has been used in multiple US trials)

Beck, J.S. (2011). *Cognitive Behavior Therapy, Second Edition: Basics and Beyond*. New York: Guilford.

### **Specific Phobias**

Craske, M.G., Antony, M. and Barlow D.H.(1997) *Mastery of your specific phobia: Therapist Guide*. New York: Oxford University Press. (This manual guides therapists through an oft used CBT approach to specific phobias).

Butler, G. (1989 ) *Phobic disorders*. In K. Hawton, P.M.Salkovskis, J.Kirk and D.M.Clark *Cognitive Behaviour Therapy for psychiatric problems: A practical guide*, pages 97-128, Oxford: Oxford University Press. (practical guidance in CBT for specific phobias)

Thompson, E.D., Ollendick, T.H., and Ost, L-G. (2012). *Intensive One-Session Treatment of Specific Phobias*. New York: Springer. Blood Injury Phobia

Ost, L.G. and Sterner, U. (1987). A specific behavioural method for treatment of blood phobia. *Behaviour Research and Therapy*, 25,25-29. (Research studies show that applied tension is the most effective treatment for blood-injury phobia. This article describes the rationale and practice of the treatment).

### **Generalized Anxiety Disorder**

Randomized controlled trials have demonstrated the efficacy of several distinct CBT approaches to treating the condition. The CBT approaches developed by Borkovec, by Barlow and colleagues, and by Dugas and colleagues are described in the documents listed below.

Zinbarg, R.E.Craske , M.G.& Barlow D.A. (2006). *Mastery of your anxiety and worry*. Oxford: Oxford University Press. (describes the Barlow approach)

Borkovec, T.D., & Sharpless, B. (2004). Generalized Anxiety Disorder: Bringing Cognitive-Behavioral Therapy into the Valued Present. In S. Hayes, V. Follette, & M. Linehan (Eds.), *New directions in behavior therapy* pp. 209 - 242. New York: Guilford Press. (describes the Borkovec approach)

Dugas, M. J., & Koerner, N. (2005). *The cognitive-behavioral treatment for generalized anxiety disorder: Current status and future directions*. *Journal of Cognitive Psychotherapy: An International Quarterly* 19, 61-81

Bernstein, D.A., Borkovec, T.D., & Hazlett-Stevens, H. (2000). *New directions in progressive relaxation training: A guidebook for helping professionals* . Westport, CT: Praeger Publishers (describes the use of relaxation techniques in generalized anxiety disorder)

### ***Obsessive-compulsive disorder***

Steketee G.S. (1993) *Treatment of Obsessive Compulsive Disorder*. New York: Guilford Press (a practical guide to CBT for OCD. The approach has demonstrated efficacy in multiple RCTs)

Kozak M.J. and Foa E.B. (1997) *Mastery of Obsessive Compulsive Disorder: A cognitive behavioural approach (Therapist guide)*. Oxford: Oxford University Press

Wilhelm, S. and Steketee, G.S. (2006). *Cognitive Therapy for OCD: A Guide for Professionals*. Oakland CA: New Harbinger Publications.

Rachman, S. (2003) *The Treatment of Obsessions*. (specifically focussing on the treatment of obsessions) Oxford University Press

### ***HIT Mindfulness based Cognitive Therapy for reducing relapse in recurrent depression***

Segal, Z.V., Williams, J.M.G. & Teasdale, J.D. (2012). *Mindfulness-based cognitive therapy for depression (2<sup>nd</sup> edition)*. New York: Guilford Press.

### ***High Intensity Brief Dynamic Interpersonal Therapy (DIT) for Depression***

The IAPT HIT Brief Psychodynamic Therapy for Depression course is based on the Brief Dynamic Interpersonal Therapy (DIT) model which has shown efficacy in RCTs.

Lemma, A., Target, M. & Fonagy, P. (2011) *Brief dynamic interpersonal therapy: a clinician's guide*. Oxford: Oxford University Press.

### ***High Intensity Couple Therapy for Depression***

Hewison, D., Clulow, C. & Drake, H. (2014). *Couple therapy for depression: a clinician's guide to integrative practice*. Oxford: Oxford University Press.

### ***High Intensity behavioural Couple Therapy for Depression***

Epstein, N & Baucom, D (2002). *Enhanced Cognitive-Behavioural Therapy for Couples: a contextual approach*. Washington: American Psychological Association.

Worrell, M. (2015). *Cognitive Behavioural Couples Therapy: distinctive features*. London: Routledge.

### ***High Intensity Interpersonal Psychotherapy (IPT)***

Weissman, M.M., Markowitz J.C. & Klerman, G.L. (2018) *The Guide to Interpersonal Psychotherapy*. Updated and Expanded Edition. New York: Oxford University Press

Sanders, P and Hill, A (2014). *Counselling for Depression: a person-centred and experiential approach to practice*. London: Sage.